



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09265, Persimmons, native, raw**

**Report Date: June 30, 2017 20:40 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

**Refuse:18% Refuse Description: 2% calyx, 16% seeds**

| Nutrient                       | Unit | 1 Value<br>Per100 g | Data points | Std. Error | 1 fruit without refuse<br>25g |
|--------------------------------|------|---------------------|-------------|------------|-------------------------------|
| <b>Proximates</b>              |      |                     |             |            |                               |
| Water                          | g    | 64.40               | --          | --         | 16.10                         |
| Energy                         | kcal | 127                 | --          | --         | 32                            |
| Energy                         | kJ   | 531                 | --          | --         | 133                           |
| Protein                        | g    | 0.80                | --          | --         | 0.20                          |
| Total lipid (fat)              | g    | 0.40                | --          | --         | 0.10                          |
| Ash                            | g    | 0.90                | --          | --         | 0.23                          |
| Carbohydrate, by difference    | g    | 33.50               | --          | --         | 8.38                          |
| <b>Minerals</b>                |      |                     |             |            |                               |
| Calcium, Ca                    | mg   | 27                  | --          | --         | 7                             |
| Iron, Fe                       | mg   | 2.50                | --          | --         | 0.62                          |
| Phosphorus, P                  | mg   | 26                  | --          | --         | 6                             |
| Potassium, K                   | mg   | 310                 | --          | --         | 78                            |
| Sodium, Na                     | mg   | 1                   | --          | --         | 0                             |
| <b>Vitamins</b>                |      |                     |             |            |                               |
| Vitamin C, total ascorbic acid | mg   | 66.0                | --          | --         | 16.5                          |
| Vitamin B-12                   | µg   | 0.00                | --          | --         | 0.00                          |
| <b>Lipids</b>                  |      |                     |             |            |                               |
| Fatty acids, total trans       | g    | 0.000               | --          | --         | 0.000                         |
| Cholesterol                    | mg   | 0                   | --          | --         | 0                             |
| <b>Amino Acids</b>             |      |                     |             |            |                               |
| Tryptophan                     | g    | 0.014               | --          | --         | 0.004                         |

| Nutrient      | Unit | 1<br>Value<br>Per100 g | Data<br>points | Std. Error | 1 fruit without refuse<br>25g |
|---------------|------|------------------------|----------------|------------|-------------------------------|
| Threonine     | g    | 0.041                  | --             | --         | 0.010                         |
| Isoleucine    | g    | 0.035                  | --             | --         | 0.009                         |
| Leucine       | g    | 0.058                  | --             | --         | 0.015                         |
| Lysine        | g    | 0.045                  | --             | --         | 0.011                         |
| Methionine    | g    | 0.007                  | --             | --         | 0.002                         |
| Cystine       | g    | 0.018                  | --             | --         | 0.004                         |
| Phenylalanine | g    | 0.036                  | --             | --         | 0.009                         |
| Tyrosine      | g    | 0.023                  | --             | --         | 0.006                         |
| Valine        | g    | 0.042                  | --             | --         | 0.011                         |
| Arginine      | g    | 0.034                  | --             | --         | 0.009                         |
| Histidine     | g    | 0.016                  | --             | --         | 0.004                         |
| Alanine       | g    | 0.039                  | --             | --         | 0.010                         |
| Aspartic acid | g    | 0.079                  | --             | --         | 0.020                         |
| Glutamic acid | g    | 0.104                  | --             | --         | 0.026                         |
| Glycine       | g    | 0.035                  | --             | --         | 0.009                         |
| Proline       | g    | 0.031                  | --             | --         | 0.008                         |
| Serine        | g    | 0.031                  | --             | --         | 0.008                         |
| <b>Other</b>  |      |                        |                |            |                               |